and old, to a disgraceful state of dependence and servitude—I mean to that fundamentally superfluous dependence upon physicians, teachers and clergymen, whose dead-weight still lies heavy upon the whole of society.

6.

EARTHLY INFIRMITIES AND THEIR MAIN CAUSE. —If we look about us, we are always coming across men who have eaten eggs all their lives without observing that the oblong-shaped taste the best; who.do not know that a thunderstorm is beneficial to the stomach; that perfumes are most fragrant in cold, clear air; that our sense of taste varies in different parts of our mouths; that every meal at which we talk well or listen well does harm to the digestion. If we are not satisfied with these examples of defective powers of observation, we shall concede all the more readily that the everyday matters are very imperfectly seen and rarely observed by the majority. Is this a matter of indifference ?—Let us remember, after all, that from this defect are derived *nearly all the bodily and spiritual infirmities* of the individual. Ignorance of what is good and bad for us, in the arrangement of our mode of life, the division of our day, the selection of our friends and the time we devote to them, in business and leisure, commanding and obeying, our feeling for nature and for art,, our eating, sleeping, and meditation; ignorance and lack of keen perceptions *in the smallest and most ordinary details*—this it is that makes the world " a vale of tears " for so many. Let us not say that here